

Fishin' Poles (Fish Sticks)

Makes: 14 or 56 servings

14 Servings

56 Servings

Ingredients	Weight	Measure	Weight	Measure
Cooking spray		As needed		As needed
Whole grain bread, toasted, crumbled		2 cups		8 cups
Bran flakes		3 cups		12 cups
Lemon pepper		2 tsp		8 tsp
Paprika		2 tsp		8 tsp
Flour, all-purpose		1 cup		4 cups
Egg whites, beaten		3		12
Tilapia or cod fillets, cut into 1/2" by 3" strips	2 lbs		8 lbs	

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	134	
Total Fat	1 g	
Protein	15 g	
Carbohydrates	17 g	
Dietary Fiber	3 g	
Saturated Fat	NA	
Sodium	175 mg	

Directions

1. Preheat oven to 450°F. Set a wire rack or foil on baking sheet. Coat with cooking spray.
2. Place crumbled bread, bran flakes, lemon pepper, garlic powder and paprika in food processor or blender. Process until finely ground, transfer to shallow dish.
3. Place flour in second shallow dish and egg whites in a third. Coat each fish strip in flour, then egg, and breadcrumbs.
4. Coat both sides with cooking spray and place on rack or baking sheet.
5. Bake until fish is cooked thoroughly and outer coating is golden brown (about 15-25 minutes).